

SEAL REQUIREMENTS
ACTIVE DUTY

1. IAW MILSPERMAN 1220-120, ensure you meet the requirements listed below:

a. Minimum ASVAB score VE or AR + WK=104

Note: For ASVAB Test numbers 5,6, and 7, use WK Score

b. AR or VE + WK=104 and MC=50

Note: Minimum ASVAB score for HM's is VE+AR or VE+WK=110

Max Five (5) point ASVAB waiver can be requested (PERS-401D) See Waivers

c. Eyesight - 20/40 in one eye and 20/70 in the other eye, correctable to 20/20

Waiver: 20/70; 20/100 or better

d. No color blindness

e. Must be 28 years old or less

Waiver: 29 & 30 years old

f. Be E-6 or below

g. Must be a U.S. Citizen

The PST is as follows:

500-yard swim using breast and/or sidestroke in under 12 minutes and 30 seconds

10-minute rest

Perform a minimum of 42 push-ups in 2 minutes

2-minute rest

Perform a minimum of 50 sit-ups in 2 minutes

2-minute rest

Perform a minimum of 6 pull-ups (no time limit)

10-minute rest

Run 1 ½ miles wearing boots and long pants in under 11 minutes and 30 seconds